

LYNN COUNCIL ON AGING SENIOR CENTER



**December
2013**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

It's the holidays! ... catchy jingles, holiday commercials, merry music over and over since Thanksgiving and special colored candies! No matter what Holiday you celebrate, I wish for you, peace. -Real inner peace- a comfort with a little joy – a break from your worries- relief from any sadness- a few minutes without pain- There's a culture I read about that hums their personal mantras as a calming, soothing effect that allows the mind to refocus itself – a technique of personal growth and introspection. Take a moment to yourself, and hum the lyrics... "oh, tidings of comfort and joy, comfort and joy". Hope this worked for you! Remember we are here for you. Call us. Come by and see us. Happy Holidays!



~Stacey Minchello~

From Your Mayor

I hope this winter greeting finds you well. I am thrilled, honored and humbled to have been chosen as your mayor for the next four years and I look forward to beginning my second term. I am so grateful to all of you who offered your support.

With the holidays approaching, it is a wonderful time of year to join family and friends and be thankful for all of the blessings in our lives.

To help us get in the holiday spirit, there will be a tree lighting ceremony at City Hall on Tuesday, December 3rd at 4:30 p.m. at the top of the Commons. This will be followed by 2 hours of activities for children in Central Square. Dr. Seuss' How the Grinch Stole Christmas, the original movie, will be shown at Lynn City Hall Auditorium at 7 p.m.

On Dec. 9, Celtic Woman will perform at the Lynn Auditorium at 7 p.m. For information please call the box office at 781-581-2971.

Stay tuned for the annual Holiday in the Square, which will feature the Central Square tree lighting, a visit from Santa, ornament making, singing and dancing and holiday shopping. The LynnArts Fabulous Holiday Show and Sale will be running through Dec. 21. It is a wonderful time to visit the gallery and stock up on affordable, original art and gifts.

For many of us, the season is made more meaningful by observance of a religious holiday. So whether you celebrate Hanukkah, Christmas, Kwanzaa, Las Posadas, or any other holiday, I hope you have a blessed and fulfilling season.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Vice-President
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Membership Secretary

Meets last
Thursday
monthly at 10 am

THE KIOSK FOR LIVING WELL

Have you noticed a lot of activity in the Kiosk space near the Senior Center entrance over the past few weeks? That's because the Lynn Senior Center has become home to the newest Kiosk for Living Well, a unique program located at community pulse-points throughout the North Shore. Developed by GLSS, the Kiosk for Living Well invites people to explore a broad range of healthy living topics, make social connections, discover new community resources, or just have fun playing games or learning new things on its unique computer system. The Kiosk for Living Well will be open on Tuesdays from 10:00–11:00 a.m. and Wednesdays from 12:30–1:30 p.m. *Stop by and check it out!*



DECEMBER HAPPENINGS

Trip sign-ups begin, Tuesday, November 26th

Tues, Dec 3	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Tues, Dec 3	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Dec 4	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 1:00 p.m.
Thurs, Dec 5	Field Trip: Appleseed's \$2	9:30 a.m. –2:30 p.m.
**Guaranteed 30% off at Appleseed 's- lunch on own at Woburn Mall-leave mall @1:30pm		
Fri, Dec 6	Field Trip: Festival of the Trees, Methuen \$10	4pm – 8 pm
Includes bus and admission- supper on own at coffee shop		
Tues, Dec 10	Blood Sugar AND Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
"Lucy Booth" Open! Nurse available for your questions. Large Activity Room		
Tues, Dec 10	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Dec 11	Holiday Party-ticketed event	11:00 a.m. – 2:00 p.m.
Jim Moses Music sponsored by the FRIENDS of LCOA		
Thurs, Dec 12	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Mon, Dec 16	Free Seminar:	9:30 a.m.
"Coping Through the Holidays Missing Loved Ones"		
Sponsored by ALL CARE VNA		
Mon, Dec 16	Women's Group Meeting	10 am – 11 am
Tues, Dec 17	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Dec 18	Lunch Trip: Chateau Andover \$2	10:30 a.m. – 1:30 p.m.
Thurs, Dec 19	Christmas Crafts!	12 noon
Free fun! Brought to you by Life Care		
Fri, Dec 20	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
FRI, Dec 20	"COOL YULE" SHOW"	11:30 am -12:30 pm
~Sponsored by the FRIENDS of the Lynn COA		
Tues, Dec 24	Senior Center Gamers Group!	2 p.m. -3 p.m.
Fri, Dec 27	No exercise today!	
Tues, Dec 31	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Tues, Dec 31	Count Down to 2014!	11:00 a.m.—12:00 p.m
Live music and dancing with Joey Canzano!		

APPLESEED'S WELCOMES YOU!

Appleseed's would like to extend a special invitation to shop at the Woburn outlet location. Join our group on December 5th and you will receive 30% OFF YOUR ENTIRE PURCHASE! Appleseed's offers classic apparel for misses, petites and women's as well as accessories. (Discount for outlet store purchases only. Cannot be combined with any other coupon or offer. Not valid towards previous purchases, purchase of gift certificates and cannot be used with Appleseed's Rewards charge card first purchase offer.)

Woburn Mall
300 Mishawum Road,

Exit 36 off I28, Woburn, MA 781.569.0525

(Store Hours: Monday - Saturday 10am – 9pm, Sunday 12pm – 6pm)

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DECEMBER 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 Pork chops/gravy Baked beans Spinach Italian bread Apple-sauce ALTERNATIVE Salsa chicken	3 Chicken/balsamic citrus sauce Garlic mashed potato Garden salad/dressing Cornbread ALTERNATIVE Cajun fish	4 Stuffed rigatoni/marinara sauce Green peas Dinner roll Cookie ALTERNATIVE Salmon/dill sauce	5 Beef Stew Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Baked tomato chili chicken	6 Turkey Milanese Rice & beans Broccoli Rye bread Fresh fruit ALTERNATIVE WW pizza
9 Cheese lasagna/marinara sauce Mixed veg. WW bread Cookie ALTERNATIVE Dominican chicken	10 BBQ pulled pork Roasted potatoes Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Creole fish	11 Lemon & garlic chicken Mashed sweet potatoes Collard greens WW bread Pudding ALTERNATIVE Curried beef	12 Macaroni & cheese Garden salad/dressing Wheat roll Fresh fruit ALTERNATIVE Baked fish/citrus sauce	13 Meatloaf/brown gravy Cheddar mashed potatoes Beets WW bread Fresh fruit ALTERNATIVE BBQ veggie burger
16 Turkey/mushroom sauce White rice Green beans Pudding WW bread ALTERNATIVE Tripe stew	17 American chop suey Garden salad/dressing Rye bread Fresh fruit ALTERNATIVE Southern style cod filet	18 Latin style pork Potato wedges California blend veg. Italian bread Birthday cake ALTERNATIVE Turkey creole	19 Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef	20 Crispy baked fish Winter squash Cauliflower/red peppers WW bread Fresh fruit ALTERNATIVE WW pizza
23 BBQ chicken Sweet potato wedges Broccoli WW bread Chilled pears ALTERNATIVE Pasta & eggplant meatballs/ Tomato sauce	24 HOLIDAY SPECIAL Roast beef/gravy Red potatoes Peas/pearl onions WW bread Gingerbread cookie	25 <u>HOLIDAY</u>	26 Lemon pepper pork Black eyed peas & rice Garden salad/dressing Rye bread Pudding ALTERNATIVE 3-bean chili/shredded cheese Brown rice	27 Chicken parmesan/sauce Ziti Spinach WW bread Fresh fruit ALTERNATIVE Oxtail/ sauce Cornmeal
30 Baked fish/diced tomatoes Rice & black beans California blend veg. Chilled pineapple WW bread ALTERNATIVE	31 Pork loin/gravy New potatoes Garden salad/dressing Rye bread Brownie ALTERNATIVE BBQ eggplant meatballs	Requested Donation is \$2.00 per meal	MENU SUBJECT TO CHANGE WITHOUT NOTICE	ALL MEALS SERVED W/ BREAD AND 1% MILK

SENIOR CENTER ACTIVITIES • DECEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.

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HARBOR 90FT
ADAPTIVE

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$25

7 am - 6:30 pm
Thursday, March 20, 2014

Mohegan Sun \$25

Tuesday, April 15, 2014



Casino Trips from Revere

Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.
Dec 10th & 17th

Twin River \$23

10:00 a.m. - 8:10 p.m.
Dec 5th & 19th

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*



Casino Trips from **REVERE!**
**Now Express!! Straight run-
no stops!**

**Call Elaine at 781-289-
6144 for reservation,
questions, and pick up**

location/parking.

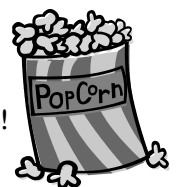
MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Dec 4	A Christmas Story	PG-13	1983	93 min
Dec 11	(No Movie)		Holiday Party!	
Dec 18	White Christmas	NR	1954	120 min
Dec 25	(No Movie)		Merry Christmas! - Center is closed	



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

New Computer Instructors!

Welcome Linda Fera and Maryellen Riley!

Linda and Maryellen bring patience and computer teaching experience to our center. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are now scheduled for **Fridays**. Each series is five weeks long and costs \$50. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

(Five Week Course)

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Next class: Jan 3rd, Jan 10th, Jan 17th, Jan 24th, Jan 31st

Introduction to Computers & Windows 7, Class #2

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: Jan 3rd, Jan 10th, Jan 17th, Jan 24th, Jan 31st

SHINE Counseling Appointments Available

Call 781-599-0110

Don't put it off. Open enrollment ends Dec 7th

Gather your list of doctors and meds and make an appointment today!

FREE SMOKE ALARMS!

Protect your home, your family, your life.

Having working smoke detectors properly installed in your home can double your chances of surviving a fire. The Lynn Fire Department is sponsoring a **Free Smoke Alarm Installation Program** for Lynn residents. This community outreach program provides a Lynn firefighter to install smoke alarms in your Lynn home, free of charge. For more information, or to schedule an installation, please contact Lt. Israel Gonzalez at **(781) 596-0213**

Applications available in the Senior Center.



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Place Your Ad

Wellness Watch December 2013

Personal Hygiene

Mom was right. Good personal hygiene is essential to promoting good health. Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. Along with these physical benefits, there are mental benefits to good personal hygiene as well. Practicing good hygiene helps you feel good about yourself. Feeling good about yourself is important to your mental health. Sometimes poor hygiene is a hint that something else is going on. When people are sad or depressed they may neglect themselves and appear unkempt. They may need professional help to change their personal habits. For most people healthy habits would include good grooming. Good grooming is accomplished by regularly practicing good personal hygiene.

The Basics of Good Personal Hygiene

Bathe regularly. Wash your body and your hair often. It is not necessary to shower every day but you should clean your body and shampoo your hair at regular intervals that work for you. Your body is constantly shedding skin. That skin needs to come off. Otherwise it will clog up and cause illness.

Trim your nails. Keeping finger and toe nails in good shape helps to prevent infections. Keeping your feet clean and dry prevents Athlete's Foot and other infections. Talk to your doctor about a Podiatrist (foot doctor) if necessary.

Wash your hands. Hand washing is the most important aspect of disease prevention. Wash before you handle or eat food. Wash after you cough, sneeze, use the toilet, or handle garbage.

Brush and floss. At the very least brush your teeth twice a day and floss daily. Brushing prevents gum disease and tooth decay. Flossing helps to maintain strong, healthy gums. Brushing and flossing will help you to be able to chew properly.

Sleep tight. Get plenty of rest. Lack of sleep can leave you run down and can compromise your natural defenses against illness.

If you are unable to accomplish grooming tasks safely on your own, personal care services are available through Greater Lynn Senior Services by contacting Intake and Referral Dept.

Senior Tax Credit!

City of Lynn homeowners or spouses, aged 60 or over who have resided in Lynn for a minimum of 5 years and are income eligible (\$48,000 single, \$72,000 couple) may apply for tax credit hours up to a max of \$600 per year.

Applications are available at City Hall and the Lynn Senior Center. Deadline is January 31, 2014.

Workers currently enrolled in this program must reapply.

Questions? Call Stacey 781-586-8503

It's Tax Time!

TAX APPTS FEBRUARY 10th – APRIL 14th MONDAYS 9am -12 pm

Partnered with AARP, the Lynn Senior Center is offering Free Tax Appointments to all registered seniors of the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9am – 12 pm, starting February 10th ending April 14th. Please be advised that there are three tax advisors so three seniors will have the same appointment time. *Please call Mayra at 781-586-8546 to reserve your spot.* Expect a questionnaire in the mail that you are to fill in and bring with you on the date of your appointment. No preparations will be completed without this intake form. Appointments are first come first serve.

Christmas Tree

B R C T P I H G A E H Y Y O S
 E E P N A Q S W M Y Q O M G P
 A T I E P W O N S Y A R P S A
 D A N M E G A R L A N D G T R
 S W E A R I E A N I C H W I K
 F F J N C R N G S A G I Z L L
 A Y F R H A E E N T N H D E E
 X M F O A L H D E K A P T S Z
 T T O C I C Y P L R T R U N K
 I R K R N C A E O S G J Q I V
 H A F A A I D P K P R R L T C
 G C R N T J F C D I C O E C I
 D B E S E L D E E N N O L V F
 T A N G L E S B L U B G R O E
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ANGEL

AROMA

BEADS

BRANCHES

BULBS

CANDY CANE

COLORS

EVERGREEN

GARLAND

LIGHT

NEEDLES

ORNAMENT

PAPER CHAIN

PINE

POPCORN

SPARKLE

SPRAY SNOW

STAR

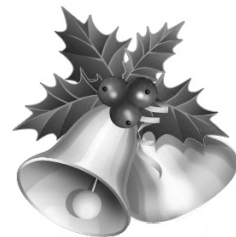
TANGLE

TINSEL

TRUNK

TWINKLE

WATER



Lynn Senior Center Trips 2013

We apologize... The White Mountains Christmas Tour has been canceled due to lack of reservations.

ANNUAL HOLIDAY PARTY

MARK YOUR CALENDARS!!!

Happy Hanukkah! Merry Christmas! Happy Kwanza!

WEDS, DECEMBER 11th, 2013

Tickets \$4

Entertainment by Jim Moses Catered by Affairs Catering

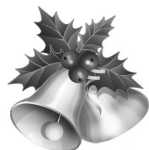
Purchase your ticket in person on Friday, November 22nd

Starting at 9 am

Registered participants only, limited seating. First come- First Serve.

This event is generously sponsored by the FRIENDS of Lynn Council on Aging.

FREE HOLIDAY SHOW!!



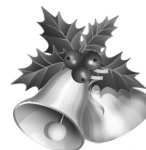
“Cool Yule!”

The Uptown Girls

FRI, DEC 20th

11:30 am – 12:30 pm

**Brought to you by the generosity of the
FRIENDS of the LYNN COA**



Thank you!

The FRIENDS Of the Lynn Council on Aging would like to thank the following local businesses and partners who donated gift certificates to our Annual Pull a Pop Fundraiser:

Casa Antigua Restaurant	Subway	Brother's Deli	Texas Roadhouse
Big Lots	Fauci's Pizza	Green Tea Restaurant	Hair Affair
John's Roast Beef	Kowloon Restaurant	Charlie's Junction Deli	Angelina's Sub Shop
Porthole Restaurant	George's Roast Beef	Christopher's Cafe	Capitol Diner
Shaw's	Pearl Beauty Supply	Superior Roast Beef	Showcase Cinemas
Stop & Shop	Pennyworth's	Sam's Grill	Primo's Pizza
Nicky's	Enzo's Pizza	Lucky Strike Bowling	Little River Inn

IN LOVING MEMORY

Thank you, Debbie D for keeping us together!

~Senior Moments Tap Group

In loving memory of my beloved wife,

Dr. Thelma L. Berger

~Dr. Harvey Berger

In loving memory

of Mike Gauvain

~Gail Gauvain

In loving memory of

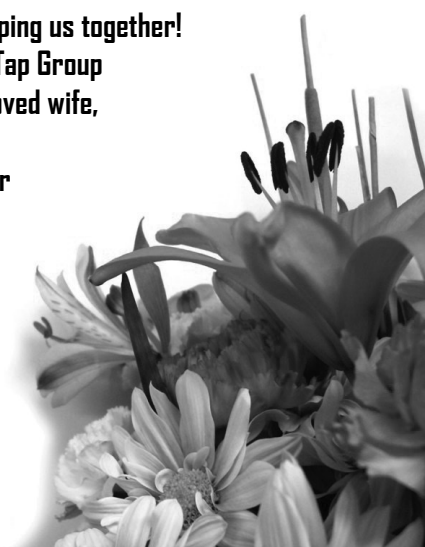
Al & Eunice LaBossiere

~Gail Gauvain

In loving memory of

Steven E. Wentworth

~Love, Dad



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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☐
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Person's Name: _____

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WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

December 3rd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

December 10th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

December 31st
9:00 am—11:00 am

PODIATRIST

December 12th & January 2nd
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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